

## BOOK NOTICES



NURSING ETHICS, FOR HOSPITAL AND PRIVATE USE. By Isabel Hampton Robb. Cleveland: J. B. Savage, 90 to 92 Wood Street. 1901.

The literature of nursing has received in this small volume an important and much-needed contribution, one which will be helpful alike to the superintendents of nursing schools, to the pupils, and to the graduate nurses in their subsequent work. While books dealing with the practical or technical side of our work are being brought forward with some frequency, this is the only attempt, so far as we know, to deal with the subject of nursing from another and equally important stand-point. As its title, "Nursing Ethics," indicates, this is a book which deals with that vital part of nursing work,—character—personal and professional. Hence we naturally find at the outset a careful, thoughtful consideration of nursing as a profession, its great importance and increasing responsibilities, and of the requirements from a moral, physical, and educational stand-point of those who should enter it. Personal attributes, habits, and manners are factors upon which success in nursing largely depends, and professional skill is of little use unless supported by a full appreciation of their importance. "Etiquette," says Sydenham, "with all its littlenesses and niceties, is founded upon a central idea of right and wrong which gives significance and worth to the most trifling act."

To secure a wider recognition of the necessity of attending more carefully to all of these points in the training of nurses is undoubtedly the author's desire in publishing this book, and her method of dealing with so difficult a subject is admirably calculated to accomplish her object. The nurse is carried through various stages of her work as probationer, junior, senior, and finally as head nurse, and is instructed with the utmost faithfulness and minuteness of detail as to her duties and responsibilities under almost all conceivable circumstances.

Her relations to those about her with whom she has to do, her patients, teachers, fellow-pupils, the school and hospital, are handled with a fulness of knowledge which comes only from long and varied experience, such as the author is fortunate enough to possess, and a further outcome of this experience is found in an amount of intimate personal advice to the nurse which should prove of the greatest benefit to those for whom it is intended.

Some idea of the care which the author has bestowed upon every aspect of her subject may be gathered from a glance at the various points which are considered in one chapter. Here we find interesting suggestions as to the training and control of the voice, speech, and touch, the eye, and even the expression. We cannot see where a word could be added with advantage. Following this comes a most valuable chapter on personal hygiene, a matter concerning which nurses are often surprisingly indifferent.

Where all is so uniformly good it is hard to discriminate, but a word of special commendation must be given to the chapter entitled the "Head Nurse," and to the two very excellent final chapters relating to the work of the graduate nurse in its various branches. No nurse could read these without acquiring new ideas of the gravity and responsibility of her calling, and without taking away

an amount of advice, suggestion, and instruction which should prove of lasting benefit. As a basis for systematic instruction the book should be helpful to superintendents and teachers in training-schools, for while much of this nature is given continuously in all schools worthy the name, yet there have been probably few attempts to bring it into line with those subjects demanding regular, thorough, detailed teaching. Anything Mrs. Robb writes is sure of the attention of the nursing profession. She writes clearly, earnestly, and with a definite purpose. Her book should have a wide circulation.

M. A. N.

**HOW TO COOK FOR THE SICK AND CONVALESCENT.** Arranged for the physician, trained nurse, and home use. By Helena V. Sachse, graduate of the Philadelphia Cooking School. Philadelphia: J. B. Lippincott Company.

**FOOD FOR THE SICK, HOW TO PREPARE IT. FOOD FOR THE BABY.** By Edwin Charles French, M.D. Louisville: John P. Morton & Company.

The modern nurse, to be successful, must give unremitting attention to food materials, the processes of nutrition, and the art of preparing the proper foods in the right way. Too long neglected, the science of cookery is now daily advancing to its proper place as the foundation of the maintenance of health and restoration from diseased states. The two books before us should both be of great value to the nurse, and though not so intended, would make excellent mates for the diet-school shelf, as their arrangement is such that they seem complementary to each other.

Dr. French's book gives a table of the different diseases the nurse will be called to care for, with a brief account of the digestive condition as affected by the disease, and the reasons why certain foods must be given, followed by a list of the articles of diet allowable in each case, both foods and drink. This is very valuable to the private-duty nurse, who is often left with full responsibility of catering for the patient, and is often uncertain whether such and such an article may be given. Dr. French also gives recipes, only attempting to cover the ground called for in his disease tables.

Miss Sachse assumes that the nurse knows what types of foods patients need, and she has devoted herself to telling how to prepare every imaginable kind of nutrient and restorative food, with such success that the reader experiences pangs of hunger and almost wishes to be an invalid. The recipes are given a very attractive form and appearance, and a great variety of modes of preparation are described, as, for instance, five different ways of preparing scraped beef are given, all dainty and delicious.

The soups and drinks also are especially nice, and the nurse who has a taste for cooking will find unlimited satisfaction in exploring this very prettily gotten-up cookery book.

L. L. D.

